



October 13-19, 2014
Cycle 4

Food portions at breakfast and lunch will be served as required by the
Healthy Hunger-Free Kids Act of 2010.

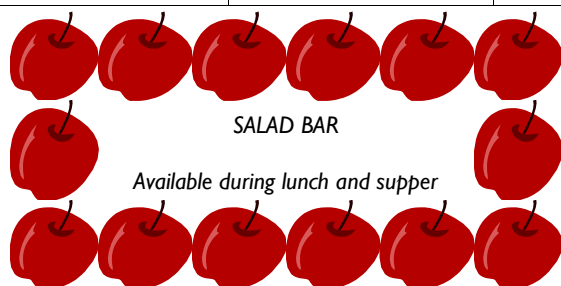
For more information, please visit the FNS website:
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



Some menu suggestions
by Manzanita Residence

****Please note: Items are subject to change based on availability without prior notice****

Mon 13	Tue 14	Wed 15	Thu 16	Fri 17	Sat 18	Sun 19
WG biscuit or WW toast Pineapple Orange juice Country sausage gravy Milk	WW egg & cheese burrito or WW toast Mixed fruit Apple juice Milk (salsa)	WG biscuit or WW toast Peaches Craspberry juice Sausage links Milk	WG banana muffin or WW toast Pears Orangerine juice Hard cooked egg Milk	WG pancakes strawberry splash or WW toast Mandarin oranges Fruit punch Danimal strawberry yogurt Milk (syrup)		
Hotdog on WW bun or Veggieburger on bun Potato wedges Mixed fruit Milk (relish/chopped onions)	WG DD cheese pizza Coleslaw Fruit salad Milk	Taco Refried beans Spanish brown rice Apricots Milk (lettuce/cheese/salsa)	Beef stew casserole Spinach mandarin orange salad WG breadstick Pineapple Milk	Orange zesty popcorn chicken Glazed carrot coins Stir fried brown rice Seasonal fruit Milk	Pigs in a blanket Corn Rainbow sherbet Milk	Egg noodles w/ chicken & veggies (ala ramen) Sidekicks Milk
Chicken potpie Corn Apricots Milk	Breaded fish Seasoned okra Pasta salad Cookie Milk	Baked chicken Mashed potatoes w/ gravy Green beans Biscuit Pudding Milk	Nacho bar <small>(taco meat/tortilla chips/cheese sauce/plapeno slices/ olive slices/sour cream/lettuce/salsa/guacamole)</small> Corn Ice cream Milk	Hotdog on bun Potato wedges Coleslaw Brownie Milk (relish/chopped onions)	Pepperoni pizza (HM) Garlic toast Romaine Caesar salad Fruit salad Milk	Chicken nuggets Twister fries Baked beans Cookie Milk



- ◇ 1% and fat-free milk offered at every meal
- ◇ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ◇ fat-free strawberry milk may be offered occasionally

Criteria for a meal to be reimbursable:

- ⇒ **Must have 3 components (one component must be fruit or vegetable) at breakfast**
- ⇒ **Must take the fruit or vegetable component and 2 other components from 5 different components (food groupings) at lunch**

Breakfast:	6:45-7:45am Monday-Friday
Lunch:	11:30am-1:10pm Monday-Thursday
Supper:	4:30-6:00pm Monday-Thursday
	11:30am-1:00pm Friday
	4:30-5:30pm Friday
Saturday & Sunday Lunch:	12:15-1:15pm
Saturday & Sunday Supper:	4:45-5:45pm

If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to jeanne.foster@asdb.az.gov

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).